

Area Plan

An Area Plan is the document submitted by the Area Agency to the Division of Aging Services in compliance with the Older Americans Act and for the receipt of subgrants or contracts from the Division of Aging Services through a variety of program funding sources. It contains a detailed statement describing the Area Agency's strategy for the development of a PSA-wide comprehensive and coordinated system in accordance with all federal requirements.

Area Agency Advisory Council

Title III requires each Area Agency to establish an advisory council to advise the agency relative to:

- The development, implementation and administration of the area plan;
- The conduct of public hearings;
- Representing the interests of older persons; and
- The receipt of comments on all community policies, programs and actions which affect older persons.

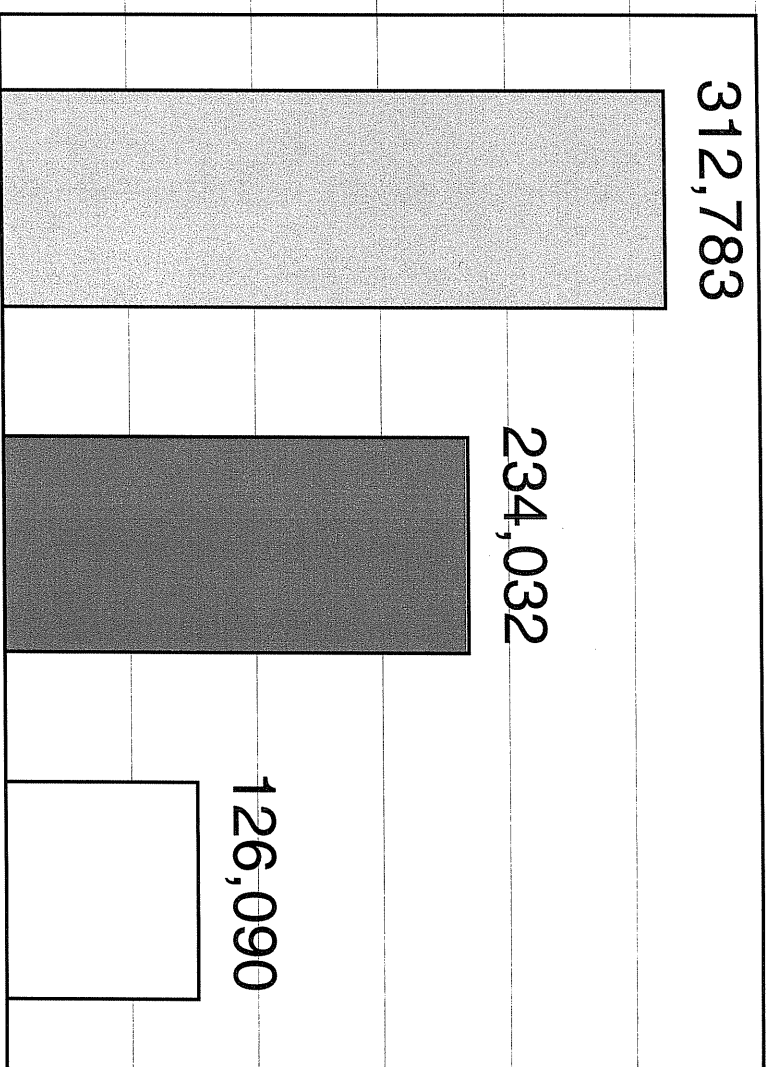
Service Providers

Under the Title III strategy, service providers include those within the existing service delivery system. Where such service providers or the services they provide are insufficient in numbers or are lacking in the community, the Area Agency may subcontract for the creation and delivery of the required services. Federal provisions prohibit the Area Agency from providing services directly unless a waiver is granted by the Division of Aging Services. Thus, provider agencies and their respective services are an important component of the Aging network.

Kentucky Population Profile 2000

Elderly Population

350,000
300,000
250,000
200,000
150,000
100,000
50,000



Age Groupings

- Ages 60-69
- Ages 70-79
- Ages 80 & Over

KENTUCKY'S POPULATION 60 YEARS AND OVER

POPULATION GROWTH

| <u>2000 Population</u> | | <u>% of Total KY Population</u> |
|------------------------|----------------|-------------------------------------|
| 60+ | 312,783 | 7.7% |
| 70+ | 234,032 | 5.8% |
| 80+ | 67,829 | 1.7% |
| 85+ | 58,261 | 1.4% |
| Total | 672,905 | |

| <u>2010 Population</u> | | <u>% Increase (decrease) Over 2000</u> | <u>% of Total KY Population</u> |
|------------------------|----------------|--|-------------------------------------|
| 60+ | 434,136 | 38.8% | 10.7% |
| 70+ | 241,239 | 3.1% | 6.0% |
| 80+ | 78,114 | 15.2% | 1.9% |
| 85+ | 69,411 | 19.1% | 1.7% |
| Total | 822,900 | | |

| <u>2020 Population</u> | | <u>% Increase (decrease) Over 2010</u> | <u>% of Total KY Population</u> |
|------------------------|------------------|--|-------------------------------------|
| 60+ | 561,864 | 29.4% | 13.9% |
| 70+ | 338,256 | 40.2% | 8.4% |
| 80+ | 84,120 | 7.7% | 2.1% |
| 85+ | 73,932 | 6.5% | 1.8% |
| Total | 1,058,172 | | |

| <u>2030 Population</u> | | <u>% Increase (decrease) Over 2020</u> | <u>% of Total KY Population</u> |
|------------------------|------------------|--|-------------------------------------|
| 60+ | 562,351 | 0.1% | 13.9% |
| 70+ | 439,557 | 29.9% | 10.9% |
| 80+ | 126,771 | 50.7% | 3.1% |
| 85+ | 88,416 | 19.6% | 2.2% |
| Total | 1,217,095 | | |

Produced by Kentucky Population Research, Urban Studies Institute, University of
of Louisville. Released: June 6, 2003

SELECTED CHARACTERISTICS 2000 CENSUS

Poverty Status: percent elderly below poverty: 13.6%

Rural Status of 60+: 43.6%

Minority Elderly 60+: 6.6%

Low Income Minority Elderly 60+: 1.4%

| <u>Sex by Age Group:</u> | <u>Age</u> | <u>% Male</u> | <u>% Female</u> |
|--------------------------|------------|---------------|-----------------|
| | 60-64 | 47.6% | 52.4% |
| | 65-74 | 46.0% | 54.0% |
| | 75-84 | 40.3% | 59.7% |
| | 85+ | 27.0% | 73.0% |

ESTIMATED NUMBER OF CLIENTS BY PROGRAM FFY 2005
(Unduplicated)

Service

Title III

| | |
|--------------------------|--|
| Supportive Services | 183,600 |
| Nutrition Services | |
| Congregate Meals | 28,100 |
| Home Delivered Meals | 12,500 |
| Family Caregiver Program | 24,100 (#caregivers receiving Services) |
| Ombudsman | 10,886 (complaints investigated) |

| | |
|---------------------------|------------------------|
| Title V Senior Employment | 233 (employment slots) |
|---------------------------|------------------------|

| | |
|----------|--------|
| Homecare | 13,300 |
|----------|--------|

| | |
|-------------------------------|-------|
| Adult Day/Alzheimer's Respite | 1,500 |
|-------------------------------|-------|

| | |
|---------------------------------|-----|
| Personal Care Attendant Program | 341 |
|---------------------------------|-----|

| | |
|---|---------|
| State Health Insurance Assistance Program | 378,400 |
|---|---------|

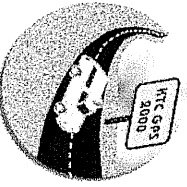
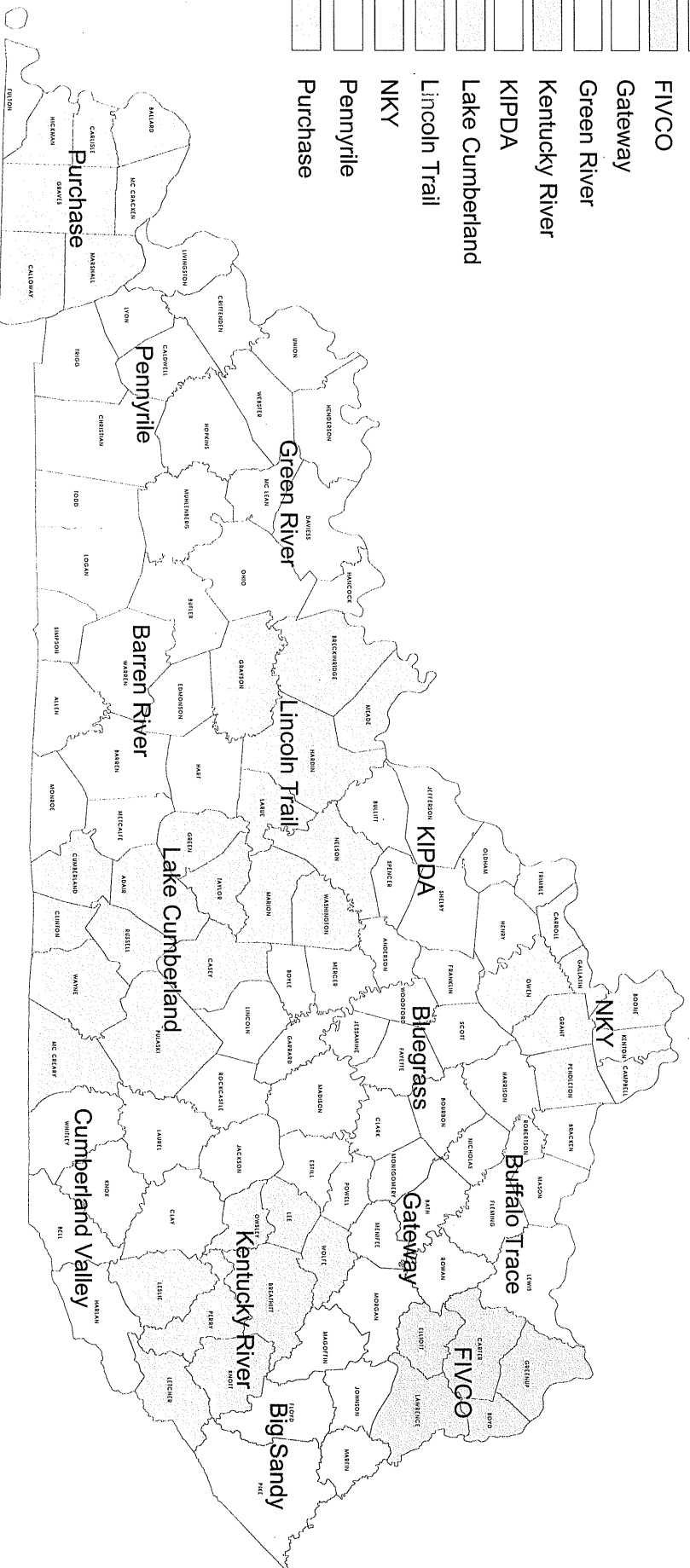
| | |
|------------------------------------|-------------------|
| Certification of Adult Day Centers | 23 (social model) |
|------------------------------------|-------------------|

| | |
|---|----|
| Certification of Assisted Living Facilities | 79 |
|---|----|

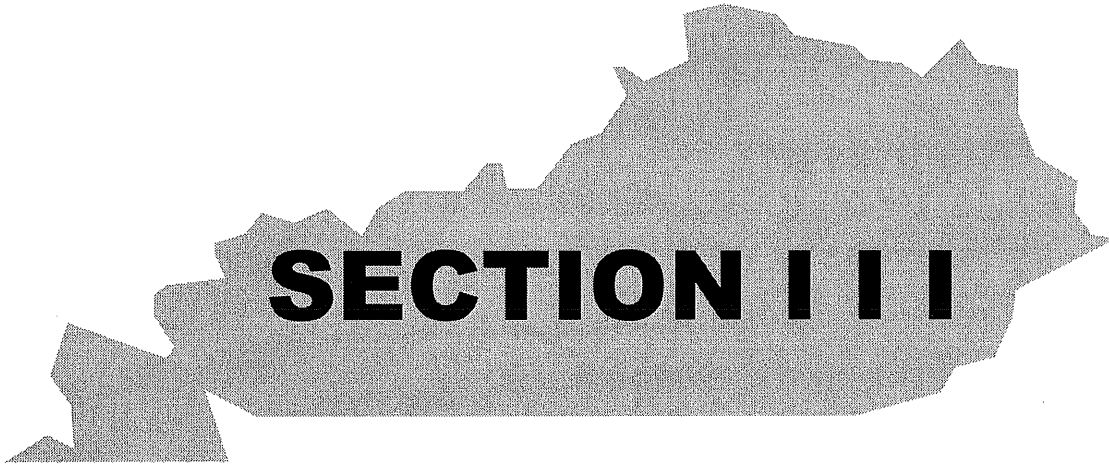
Area Development District

- ☐ Barren River
- ☐ Big Sandy
- ☐ Bluegrass
- ☐ Buffalo Trace
- ☐ Cumberland Valley
- ☐ FIVCO
- ☐ Gateway
- ☐ Green River
- ☐ Kentucky River
- ☐ KIPDA
- ☐ Lake Cumberland
- ☐ Lincoln Trail
- ☐ NKY
- ☐ Pennyrie
- ☐ Purchase

Area Development Districts



GPS 2000 Project
DIVISION OF PLANNING



“Kentucky Priorities”

PRIORITY #1

Make it easier for older people to access an integrated array of health and social supports.

Goal 1. Provide equal access to appropriate and timely care for older frail and disabled Kentuckians through a comprehensive, coordinated system of services.

Objectives:

- 1.1.1 Develop a comprehensive coordinated system of care for older Kentuckians
- 1.1.2 Services will be provided to persons with the “greatest economic and social needs.”
- 1.1.3 Advocate on behalf of older, frail or disabled Kentuckians to ensure access to care and improve responsiveness to their needs and concerns
- 1.1.4 Increase the number of service providers particularly in rural underserved areas of the state.
- 1.1.5 Increase awareness of available services through a network of agencies and individuals who are interested in the needs of the elderly
- 1.1.6 Support legislation to enhance the services offered to older persons
- 1.1.7 Promote development and implementation of a model integrated information resource system statewide and locally.
- 1.1.8 Participate in and publicize the toll-free national Eldercare Locator Service.
- 1.1.9 Maintain the Division of Aging Services State Health Insurance Assistance Program (SHIP) established through CMS and modified through the area plan process.
- 1.1.10 Continue the toll free telephone number of the SHIP program
- 1.1.11 Maintain an up to date Division of Aging Services web site
- 1.1.12 Encourage the development of technology related improvements both on a statewide and local level.
- 1.1.13 Continue to meet the Older Americans Act outreach requirements.

Goal 1.2: Encourage local cities and towns to plan for the growing transportation needs of their communities.

Objectives:

- 1.2.1 Document the increasing need statewide for additional transportation services with involvement of the relevant departments both internal and external to the Cabinet for Health and Family Services
- 1.2.2 Advocate for additional funds for transportation services for the elderly.
- 1.2.3 Fund quality information and referral outreach and transportation services in senior centers throughout the state.

PRIORITY #2

Help older people to stay active and healthy

Goal 2.1. Encourage older Kentuckians to remain active and independent through the provision of community-based systems, which ensure the dignity of individuals and delay or prevent institutionalization.

Objectives:

- 2.1.1 Provide and expand services in the community through multipurpose senior centers and/or focal points
- 2.1.2 Pursue health promotion funding streams to provide health education and disease prevention programs
- 2.1.3 Partner with the Department of Public Health, Department of Mental Health and Mental Retardation Services and other public/private entities to pursue grant funding for health promotion activities
- 2.1.4 Prepare individuals to manage disaster recovery and threats or acts of bioterrorism
- 2.1.5 Assure nutritionally balanced congregate and home-delivered meals with emphasis on serving persons with the greatest economic and social needs
- 2.1.6 Participate in the Kentucky Food Security and Nutrition Partnership
- 2.1.7 Promote statewide implementation of Nutrition Screening Initiative
- 2.1.8 Provide technical assistance to members of the aging network.

Goal 2.2. Maintain the health and functional independence of Kentucky's older adults by offering programs that educate, assist and enable them to attain functional equilibrium.

Objectives:

- 2.2.1 Educate all Kentuckians about disease prevention and health promotion.
- 2.2.2 Disseminate information about health promotion and disease prevention to older people, including low-income, rural, and limited English speaking older people, and to the general public.
- 2.2.3 Participate in the statewide health promotion plan in coordination with the Cabinet for Health and Family Services to encompass fitness, nutrition, mental health, injury control and safe use of medication
- 2.2.4 Integrate the goals of *Healthy Kentuckians 2010*, into any state initiatives for older adults
- 2.2.5 Serve as a liaison to Kentucky Senior Games, Inc.
- 2.2.6 Provide technical assistance, health behavior trends data, and resources to Area Agencies on Aging for health promotion programs.
- 2.2.7 Participate in the Kentucky Mental Health and Aging Coalition
- 2.2.8 Participate in the Kentucky Diabetes Network
- 2.2.9 Support state initiatives in the areas of cancer, diabetes, and arthritis prevention
- 2.2.10 Utilize a CDC State Obesity Grant-to develop a state action plan to address the obesity epidemic and its associated health consequences; working with the Department for Public Health and a partnership comprised of representatives from the public and private sector from across the state
- 2.2.11 Support the activities of the Kentucky Council on Developmental Disabilities
- 2.2.12 Work with the Department for Mental Health/Mental Retardation Services and stakeholders from across the state through the Kentucky Suicide Prevention Planning Group to develop strategies to prevent suicide in the elderly;

Goal 2.3. Provide older persons with opportunities to provide services through employment, volunteering, and other involvement in systems of care.

Objectives:

- 2.3.1 Coordinate with the Education Cabinet. The state Workforce Investment Act (WIA) Board and local WIA Boards, one-stop employment centers, other Senior Community Services Employment Programs (SCSEP) national sponsors in Kentucky, and other older worker advocates in the training of low income and economically disadvantaged mature individuals and their placement into unsubsidized employment
- 2.3.2 Facilitate coordination between AAA's, local WIA Boards, and other agencies working on behalf of older and mature workers in planning training activities and utilizing WIA funds to provide training.
- 2.3.3 Inform and educate legislators, policy makers and other public officials about the changing workforce and the need to promote a workforce that is inclusive of older and mature workers.
- 2.3.4 Continue to provide part-time employment for eligible participants with Title V funding within the senior delivery system.
- 2.3.5 Facilitate the transition of Title V enrollees into private or other unsubsidized employment.
- 2.3.6 Encourage, train and provide technical assistance to national sponsors, subcontract agencies, and host agencies.
- 2.3.7 Maintain linkages with Title V national sponsors to comply with Equitable Distribution Rates established by the U.S. Department of Labor.
- 2.3.8 Distribute information on training/employment goals to AAA's as well as other community based organizations
- 2.3.9 Coordinate with RSVP, Foster Grandparent Program, senior centers and other organization in the provision of meaningful volunteer services.

PRIORITY #3

Support families in their efforts to care for their loved ones at home and in the community

Goal 3.1. Provide services that support individuals caring for loved ones at home are in the community.

Objectives:

- 3.1.1 Continue to support the Kentucky KinCare Project in partnership with the Office of Family Resources and Youth Services Centers (FRYSCs) to develop support groups for elderly relatives serving as caregivers to children.
- 3.1.2 Develop consumer directed options within Medicaid's home-and community-based waiver programs; working with Medicaid, the Department of Mental Health/Mental Retardation Services and consumer representatives through Cash and Counseling initiatives.
- 3.1.3 Support caregivers through state wide programs that provide information, training, respite, counseling, support groups and other services as provided in the National Family Caregiver Support Program.
- 3.1.4 Provide services for grandparents raising grandchildren as outlined in the Older American's Act reauthorization of 2000 in the National Caregiver Support Program.
- 3.1.5 Assist in developing programs to provide housing options that are affordable and enhance independent living.

PRIORITY #4

Ensure the rights of older people and prevent their abuse, neglect, and exploitation

Goal 4.1. Advocate on behalf of older, frail, or disabled Kentuckians to improve responsiveness to their needs and concerns and assure to access to care.

Objectives:

- 4.1.1 Educate the public, including policy makers, about the challenges the elderly face when disability changes their lives from active health individuals to frail, functionally disabled individuals needing assistance.
- 4.1.2 Provide information about abuse, neglect and exploitation in language appropriate formats according to the populations of the Area Agencies on Aging.

- 4.1.3 Coordinate the services of the Long-term Care Ombudsman with the Department of Community Based Services, and the Office of Inspector General to investigate complaints of neglect, abuse and exploitation in nursing homes.
- 4.1.4 Promote programs that provide information about abuse, neglect and exploitation of seniors in the community and at home.
- 4.1.5 Involve the Kentucky Institute for Aging as an advocate voice on issues affecting older persons.

GOAL 4.2. Provide a state program of legal assistance to eligible older persons

Objectives:

- 4.2.1 Administer the benefits counseling program (SHIP) for older Kentuckians in all 120 counties
- 4.2.2 Provide training to case managers, coordinators and volunteer counselors in the SHIP Program
- 4.2.3 Update the resource manual for counselors
- 4.2.4 Monitor and evaluate the Title III legal assistance providers for compliance with regulations.
- 4.2.5 Coordinate with the state bar association to establish statewide pro bono panels for older adults.

PRIORITY #5

Promote effective and responsive management

Goal 5.1. Assure effective and efficient program and fiscal management at all levels of the delivery system.

Objectives:

- 5.1.1 Monitor and evaluate Area Agencies on Aging for compliance with federal guidelines for all Older Americans Act programs.
- 5.1.2 Review training plans for Area Agencies on Aging and service providers.
- 5.1.3 Identify and review resources to meet training needs of staff.
- 5.1.4 Conduct and coordinate specific training for case management/assessment, elder abuse and mental health, State Health Insurance Assistance Program (SHIP), Long Term Care Ombudsman, and with Senior Center Directors and nutrition providers.

- 5.1.5 Implement a statewide data collection system.
- 5.1.6 Assure services are delivered to those with the “greatest economic and social needs” within the AAA services areas by monitoring for compliance with federal guidelines
- 5.1.7 Administer the state wide in home services program (Homecare) through contracts with the fifteen Area Development Districts and request expansion funds to meet the needs of underserved older persons.
- 5.1.8 Administer the state funded personal care attendant services program to adults with physical disabilities.
- 5.1.9 Monitor, evaluate and provide technical assistance to Adult Day and Alzheimer’s Respite programs funded through the Division of Aging Services.
- 5.1.10 Maximize the use of technology to improve management efficiency.

Goal 5.2. Plan the systematic development and delivery of services to Kentucky’s elderly citizens.

Objectives:

- 5.2.1 Identify and monitor legislation affecting older persons and distribute this information to the Area Agencies on Aging for local action.
- 5.2.2 Incorporate consumer input in policy decisions through the Institute on Aging, the local Area Agency on Aging Advisory Councils, and public hearings.
- 5.2.3 Provide technical assistance to all AAA’s
- 5.2.4 Participate in all activities across the state concerned with long range planning and service development and delivery with state agencies concerned with the elderly.

Goal 5.3. Monitor the provision of services to older persons in Kentucky and make recommendations for changes.

Objectives:

- 5.3.1 Certify and conduct annual re-certifications of assisted living entities in Kentucky to assure compliance with state regulations.
- 5.3.2 Collaborate with state higher education organizations to support and participate in any gerontology associated education plans and programs.
- 5.3.3 Utilize the Center for Research in Gerontology at the University of Kentucky for statewide research regarding aging issues and policy.

Goal 5.4. Coordinate the Long Term Care Ombudsman Program which serves Kentucky's institutionalized elderly.

Objectives:

- 5.4.1 Through Memorandum of Agreement (MOA) with the Cabinet's Office of the Ombudsman, administer and support the state Long-Term Care Ombudsman Program.
- 5.4.2 Maintain and support local Ombudsman Programs in each Area Development District, Area Agencies on Aging.
- 5.4.3 Maintain regulations, policies and procedures for operation of the Ombudsman Program.
- 5.4.4 Manage a statewide uniform automated system, administered by the Office of Ombudsman, for receiving, investigating, resolving and reporting complaints on behalf of residents in long-term care facilities and provide ongoing support to assist in the resolution of those complaints.
- 5.4.5 Receive, investigate and resolve complaints by or on behalf of residents of long-term care facilities.
- 5.4.6 Maintain office files for the statewide Long-Term Care Ombudsman Program and continue procedures to protect the confidentiality of those files.
- 5.4.7 Provide information and education regarding Ombudsman Program activities, the long-term care system and the rights and concerns of residents and potential residents of long-term care facilities.
- 5.4.8 Provide assistance to citizen organizations, consumer groups and other interested community organizations to enhance the rights of residents of long-term care facilities and promote development of citizen organization at the state and local level.
- 5.4.9 Monitor the development and implementation of federal, state and local laws, regulations and policies that relate to long-term care facilities to ensure that residents' rights and benefits are established, expanded and protected.
- 5.4.10 Continue formal training and certification program for district and volunteer ombudsmen.
- 5.4.11 Establish system of legal support for local and state Ombudsman programs.



SECTION I V

Assurances

ASSURANCES

PART A - GENERAL

The State Agency agrees to adhere to each of the assurances required in Sections 305 and 307 of the Older Americans Act, as amended, each of the requirements under Sections 1321.5 through 1321.9(d) because Kentucky State Statute established an Ombudsman program, and the assurances prescribed by Section 1321.17, subparagraphs (f) (1-15).

The State Agency assures that each of the 15 Area Agencies on Aging complies with the requirements of OAA, Section 306, based upon each Area Agency on Aging's assurance to the Cabinet that they are complying with those requirements.

Listed individually are the following general assurances, which the State Agency must be able to substantiate:

GENERAL ADMINISTRATION

1. Compliance with Requirements

The State Agency agrees to administer the program in accordance with the Act, the State Plan and all applicable regulations, policies and procedures established by the Assistant Secretary for Aging.

2. Efficient Administration

The State Agency utilizes such methods of administration as are necessary for the proper and efficient administration of the Plan.

3. General Administrative and Fiscal Requirements

The State Agency's uniform administrative requirements and cost principles are in compliance with the relevant provisions of 45 CFR Part 74 and part 92, except where these provisions are superseded by statute or program regulations.

4. Training of Staff

The State Agency provides a program of appropriate training for all classes of positions and volunteers, if applicable.